

ONOWAY JUNIOR SENIOR HIGH SCHOOL

Newsletter

I hope you enjoyed the snow! Now Spring is here. It is time for Spring activities and a bit more sunshine. It is also time for students to get focused on the final push before the end of the year, just three short months away.

As I visit classrooms, I see incredible learning taking place throughout our school. Our staff is working hard with the students to ensure they are on track and ready for their final exams. I encourage parents to also be a part of ensuring your child finishes the year strong. The third report card will be available on PowerSchool on April 21st and our final Parent-Teacher Interviews on April 26th from 5-8PM. This is a great opportunity to make sure that your child is progressing in their learning and ready for their final exams. We look forward to seeing a lot of parents and students that night.

I wish you all a happy April and a wonderful Easter.

 April 2023

Mr. Jespersen
Assistant Principal

School Council



School council is hosting another parent information session at OJSH on April 19 at 7pm. The presentation is provided by Zebra Child and Youth Advocacy Centre and open to parents of any NGPS students. The topics covered will include recognizing signs of children being abused or exploited and what supports are in place for victims. Students in Grades 8 and older are welcome to attend with parents, but the content is **NOT** suitable for elementary students.

Our next meeting is April 20 at 6:30pm at OJSH. As always you can get in touch with us at onowayhighparents@gmail.com



Onoway Jr/Sr High School Band Program is hosting our 16th annual Coffee House Showcase! The showcase will feature the all members of the OJSH bands as well as special guest performers from Edmonton and Onoway!

The Coffee House will be held on Saturday, April 29, 2023 from 7:00 to 10:00 PM at the Onoway High School Gym. The Showcase is open to the general public with admission ranging from \$15 for adults, \$5 for children ages 6-12, and free for children under 6. A special price of \$10 per person for seniors living at the Chateau Lac. Ste Anne! There will be a 50/50 draw, scratch ticket board draw, and a silent auction. Your ticket includes unlimited freshly made coffee, snacks and and treats to enjoy during the performances. Come enjoy an evening of live music, dancing, and great conversation! This invitation is for family members, friends and colleagues.

This is the first time OJSH has been able to host this fantastic event in 3 years, and we want to bring it back with a BANG! Please see Ms. Neufeld or any band student to purchase tickets!

Band

OJSH Presents



16TH ANNUAL COFFEEHOUSE

A BAND PROGRAM FUNDRAISING EVENT

04.29.23 • 7-10PM

LIVE MUSIC - UNLIMITED COFFEE - FREE DESSERTS!
SILENT AUCTION - 50/50 - RAFFLES

Tickets purchased through a band member near you!

General Public - \$15
Children 0-5 - FREE
Children 6-12 - \$5
Chateau Lac Ste Anne Seniors - \$10

ALL PROCEEDS BENEFIT OJSH BAND STUDENTS

Art

Check out more photos, course outlines and sketchbook requirements at Mrs. McNeice's Art Room WebPage and always check out the ART TV . The first Artists of the Week in Semester 2 have also been featured on the Webpage and the Art TV as well. This will be updated every two weeks.

by C.McNeice

Contests

There are a few art contests happening. All students are encouraged to apply:



INDIGENOUS ART CONTEST
The First Nations Health Consortium is here to help connect families and individuals to health, social and education services and equipment they need to support their journey to a healthy and sustainable tomorrow.

THEME: "Bridging the Gaps"
We help to make sure no one falls through the cracks

Cash prizes with artist credit:
• First: \$750
• Second: \$500
• Third: \$250
• Other: \$100 for every picture used in the report or other publications

CONTEST RULES: Contest Closes: May 1, 2023

- Open to all Alberta Indigenous artists
- Must be of high quality illustrating the message of "Bridging the Gaps"
- FNHC will have full rights to use the art in other publications and communications
- Entries judged and winners announced by First Nations Health Consortium
- Submit entries along with your contact information by email to communications@abfnhc.com

To see some examples of previous art submissions, take a look at our 2020-2021 Annual Report here!

1. Indigenous Art Contest
2. The Canadian Art Inspiration Contest Due April 7th:

<https://www.aci-iac.ca/education/art-challenge/>

3. The Future of Medicine Art Contest Due April 28th:

<https://fomacalb.erta.ca/contest-details/>

NEW*** Quarter 4- Junior High Communication Technology (Typing & Photoshop)

Please note that ALL Grade 8's will get a chance to play with photoshop, learning about layers and photo editing. We will start every class with some basic keyboarding skills.

Please NOTE**** ALL students will need ear buds or headphones. This is so they can always go back and re-watch or listen to the steps as many times as they need and work at their own pace. Students will also be invited to stay during lunch to work on their assignments if they miss a day or want to spend extra time on them.

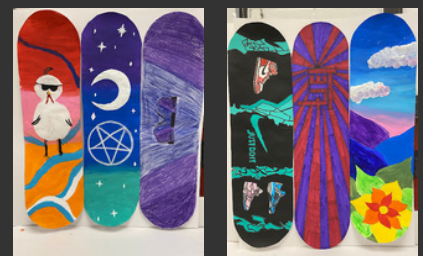
Senior High Art

Seniors have just completed their second assignment, their art history inspired art pieces. Students can use traditional art history and are encouraged to look at Canadian artists and First Nations Artists.



Seniors are now working on their acrylic painting projects and sketchbook requirements. Projects 1, 2, 3 and the first 10 sketchbook pages are due **APRIL 14th**

Junior High Art



Juniors have been busy working on their clay projects and finishing up their skateboard designs. These will be on display in the school Library.



Leadership

The grade 9 sport and rec leadership classes spent time creating, planning and teaching lessons to grade 2s, 4s, 5s and 7s over at Onoway Elementary School! Both groups had a fantastic time and enjoyed the experience!

Athletics

2023 Archery Provincials

The OJSH NASP archery team competed at the AHEIA Provincial NASP Tournament on Friday, March 17th. Our competitors did a great job representing our school with class and skill. Fynn Harris scored a 282/300, which placed him 1st for the grade 9 bracket, and 10th overall in the province. Fynn has also been selected to the Canadian All-star team to go to the NASP (National Archery in School Program) Worlds competition in South Africa this summer. All of our other competitors did very well in their respective brackets. I think most of our competitors were very pleasantly surprised at how well they did, and how much fun they had! We will be competing at another tournament in Thorhill on April 6th! Stay tuned!



Congratulations Fynn!



Curling PE 20/30

Students in PE 20/30 were able to learn and practice their skills on real ice through a peer led curling unit. Thank you to the curling club, as well as great job students!

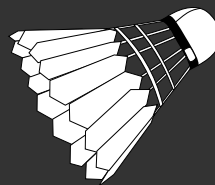


Basketball

Basketball finished with a great end to the season for all teams! Lots of improvement and skill development, as well as fun and excitement were had throughout the season. Both of our Jr Teams and Sr Girls finished with a GCAA win for the Mustangs!

Sr Boys Handball

OJSH senior boys handball team has returned to Onoway for the spring and the team is excited to learn new skills and strategies!



Badminton

Good luck to all our badminton athletes as practices are underway and they will be competing in tournaments throughout April. Thank you again to our dedicated coaches, and have a great season of badminton!



Junior High Ski Trip

So much fun was had on March 9th, as junior high students headed to Sunridge Ski Resort for a day of skiing and snowboarding! It was a beautiful day for lessons and shredding with their friends! Great day had by all!

Thanks to all of the Grade 10 parents who completed the assurance survey. As posted in the previous newsletters, those who submitted a screenshot of the final page of the online survey had their child's name entered into a draw for one of three \$20 Cafeteria Gift Certificates. Thank you again to all who participated.

Alberta Education Assurance Survey Winners



C. Wouters



S. Brown-Wagner



H. Andrews

Student leadership Conference

On Wednesday, March 15 the OJSH Student Council hosted their very first Horizon's Student Leadership Conference at the Onoway Heritage Centre. Each year the Canadian Student Leadership Association organizes events at various schools around the province of AB. Oftentimes these conferences are held in urban areas and it is not always ideal for rural-based schools to access transportation to participate in these conferences. Student Council Teacher Advisor Mrs. Radvanszky was approached by the organizers from CSLA to consider hosting a conference at OJSH; and with the help of local agencies, the Student Council was able to pull together this fun event.

Student leadership teams from Hillside Jr/Sr High School, Hilltop High School, Memorial High School and Tomahawk School traveled to Onoway to participate in two keynote speaker presentations, and activities facilitated by the OJSH Student Council team. Over 80 students and staff listened to the inspiring messages that spoke to the power of self-love and embracing your own uniqueness. They used stories of their own struggles to reiterate how important it is to wait for your time to shine. All the students were thoroughly engaged, and many took time to thank the speakers for sharing their words of encouragement and wisdom.

Following a lunch catered by the OJSH Cafeteria team, the visiting students were broken into groups to compete in the OJSH's Student Council's version of the Irish Olympics with team building aspects. All of the games were well received and many of the students commented on how enjoyable the games were.

In the last hour of the conference, OJSH student Maddy Alexis graced the participants by dancing a Jingle Dress Dance. She received a roaring applause and was commended for using this opportunity for sharing not only her culture, but for sharing her passion for dancing. Mrs. Radvanszky wrapped the conference up by sharing a slide presentation on the numerous spirit days and school events the OJSH Student Council has organized over the last two years. For OJSH's first conference, it was a great success!





Tour Group



We had another very successful group go abroad, this time to the wilds of beautiful Costa Rica! The group was treated to tours of coffee, chocolate and sugar cane plantations, getting to sample some of the best coffee and chocolate in the world right at the source! We got involved with a school fair and a number of our group participated in an impromptu soccer (football) match right there in a small town; very cool to watch. The languages were different, but it did not matter, as joy and fun was obvious from all involved! Jungle and rain forest hikes were aplenty, most during the day and one in the dark of night, where the forest around us transformed into a new world to explore as the daytime fauna took refuge and sought out shelter from the predators of the night. We ended up drenched through in the rain forest, as the precipitation never let up, and overheating in the jungle walks as the temperature reached over 30C. Whether from the rain or our own perspiration, we just had to get used to being wet.

Learning about a new culture, the group was able to sample local foods, ask them about the pinto (rice and bean which can be served with every meal), to the fresh, off the tree, fruits. Comments like, "I've never tasted a pineapple like that before" became commonplace. The group also took part in traditional dances, laughing at our own antics as we tried to blend in and get the dance steps correct.



I want to thank the wonderful group of travelers who went along on this tour. The students were excellent ambassadors of our community and should be very proud of how they carried themselves in a foreign country. To my fellow chaperons, thank you as well; we worked well as a team. To the future grade 9's & 10's, look for information coming out hopefully in May as Tour Group 2025 planning is well underway! - Mr. Missfeldt

Counselling Corner



Welcome Spring and the beginning of the last big push to the end of the school year. It seems a little hard to believe that we are at this point in the year already. When we return from Easter weekend, there are less than 11 weeks until the end of high school classes and the end of the high school careers for our Gr. 12 students. As this school year winds down, it is also one of the busiest times of the year for the Wrap Around staff as we begin preparing for the 2023-24 school year. There are a number of important dates coming up for the students and parents in our school community:

April 3	Grade 9 Planning Sheets distributed to Gr. 9 LA teachers
April 11	Grade 9 Sheets returned to LA teachers, completed by teachers and signed by parents.
Week of April 11	Class visits by Wrap Around and Admin for students going from Gr. 10 to Gr.11
Week of April 17	Class visits by Wrap Around and Admin for students going from Gr. 11 to Gr. 12.
Apr. 26	Parent meeting for students going from Gr. 9 to Gr. 10.
April 27	All grade 9, 10 and 11 parent signed registration forms due to be handed in to the Office
May 1 to 12	Feeder School visits by Wrap Around staff and Admin.
May 24	Parent meeting for students going from Gr. 11 to Gr. 12.
June 7	Parent meeting for students coming from our Feeder school (OES, Rich Valley, Grasmere and Darwell).

For any parents who have any questions or concerns about their child for next school year, please do not hesitate to contact the Wrap Around or Administration for more information.

Scholarship Opportunities

Every season is scholarship season and Spring is no exception with a number of new scholarships coming available in April. We receive a regular email from Scholarship Tree, which is 'an online platform that helps students pay for their education through scholarships'. For students who are still interested in applying for scholarships, this can be an opportunity for those students to gain an additional competitive edge, as many students' interest in scholarships has lessened by this time in the school year.

Here are some unique scholarships worth highlighting that are currently available:

- **Canadian Hearing Services National Scholarship** - This scholarship is available to Deaf and hard of hearing students, last year they gave away over 20 awards
- **The Brandon Walli "Phones Down, Eyes Up" Memorial Scholarship** - is for students planning on studying Arts, Creative Arts, or Music
- Dream unlimited has 2 awards, both 4 x \$5000
 - <https://scholartree.ca/scholarship/dream-scholarship/NJpU9pGRz> - Open to any visible minority student in grade 12
 - <https://scholartree.ca/scholarship/dream-scholarship/NXVVRzKiMD> - Open to any visible minority students studying specific program

Helpful Resources for Scholarship Applications



1

Here is a blog outlining the most common mistakes we see on scholarship applications - <https://scholartree.ca/blog/the-6-most-common-mistakes-when-applying-to-scholarships>

2

At the bottom of <https://scholartree.ca/educators>, there is a downloadable budget planner that students can use to prepare for next year

3

At the bottom of <https://scholartree.ca/educators>, there is an email template that you can use to let students know about ScholarTree

Cafeteria News

New!



The OJSH Cafeteria now has \$50 and \$100 Gift Cards available for purchase! If you would like to buy and load a card for a student this can be done online via School Cash or purchased at the cafeteria

The Benefits of Getting Outside

It is no secret that getting outside has been known to improve mental health. Think back to the last time you spent time outside. How did you feel? Chances are you felt a bit better after breathing in the fresh air and taking in some sunshine. From stepping out your front door for a 10-minute walk to a multi-day camping trip, spending time outdoors provides many benefits for your mental health.

Wellness Tips



1

Energizes the brain

Our senses take in experiences and send them to the brain, where they are processed and either creates positive, negative, or neutral outcomes.

Studies have shown that just looking at nature (like a picture of flowering green roof) and hearing nature sounds (like crickets and crashing waves) can energize and help the brain to perform better. Sunshine also has a positive impact on the brain, especially in the morning. Sunlight affects our sleep-wake cycle, also known as circadian rhythm. Taking in sunlight when you first wake up can help you be more alert during the day and have a better sleep at night. Sunlight also has been shown to boost mood because exposure to sunlight releases “the happy hormone”, known as serotonin.

2

Lowers Stress

Historically, stress helped our ancestors to survive in life-threatening events by triggering the fight or flight response. However, in our modern society there has been an increase in chronic stress, resulting in many physical and mental problems, such as high blood pressure and burnout. More than one hundred studies show that being in nature reduces stress by lowering cortisol levels, which is the hormone responsible for triggering stress in the body. Stress decreases within minutes of being in nature, which is measured by muscle tension, blood pressure, and brain activity.

3

Increases Self-Belief

The outdoors offers many opportunities for new experiences and to challenge yourself. Self belief (also known as self-efficacy) is your belief in your own abilities to accomplish tasks and goals. The more you build your self-belief, the better you are at facing hard times. In other words, it builds your resiliency.

When you make a commitment to go for walk and follow through, your self-belief increases. Another way you can build your self-belief is by stepping out of your comfort zone and trying something new, like a solo camping trip. It is important to frame your success by accomplishing your goal to step out of your comfort zone instead of how good you think you were at the activity.



Significant Dates



Mon., April 3	Staff and Students back to school
Thur., April 6	Grad Parent Meeting
Fri., April 7	Good Friday - No School
Mon., April 10	Easter Monday - No School
Fri., April 14	Anchor Club hosted by School Council
Thur., April 20	School Council Meeting @ OJSH at 6:30PM
Fri., April 21	Report Card #3 released on Powerschool by 3:30PM
Wed., April 26	LAST Parent-Teacher Interviews of the school year from 5-8 pm & Parent meeting for students going into Grade 10 @ 7PM
Thur., April 27	High School Course selection forms due
Sat., April 29	CoffeeHouse Celebration - Bands from Grades 8 Through High School, includes silent auction, performances and more!
May 1-5	High school students will start registering for next year's courses
Fri., May 5	Anchor Club
Mon., May 15	ELA 9 Part A Provincial Achievement Test
Thur., May 18	School Council at OJSH at 6:30pm
Fri., May 19	No School (Day in Lieu)
Mon., May 22	Victoria Day -No School
Mon., May 29	PD Day - No School